

# Lunch Week 4



	Monday 18-Feb	Tuesday 19-Feb	Wednesday 20-Feb	Thursday 21-Feb	Friday 22-Feb	Saturday 23-Feb	Sunday 24-Feb
	<b>Tuscan Veggie Pasta</b> Eggplant, zucchini, red peppers, green peppers, yellow squash, chunky marinara, fresh basil, garlic, and penne pasta. Topped with grated parmesan cheese - <b>Vegan friendly station</b>	<b>Chicken Quesadilla</b> Chicken, Pico de gallo, shredded cheese, and chipotle sauce; topped with sour cream, guacamole, and salsa verde --- Ranch chips -- Vegetarian friendly	<b>Jin's Stir Fry</b> White or brown rice with peas, water chestnuts, nappa cabbage, red cabbage, baby corn, carrots, snap peas, broccoli, onions, and garlic. Your choice of chicken, shrimp, or tofu - vegan and GF friendly	<b>Beef and Broccoli</b> Beef strips or vegan beef strips with broccoli, onions, peppers, and spicy stir fry sauce. Topped with sesame seeds and served over basmati rice	<b>Caesar bar</b> Crispy romaine, garlic croutons, parmesan cheese, and creamy caesar dressing with your choice of salmon or chicken -- Vegetarian and gf friendly	Station closed	<b>Omelet station</b> Variety of toppings and cheese Fruit and yogurt bar Bagel bar including flavored cream cheeses Gluten free bagels available
	<b>Wing Bar</b> Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad	<b>Mac and Cheese Bar</b> Regular or Vegan mac and cheese, diced uncured pepperoni, sliced all beef hot dogs, or roasted chicken with assorted toppings to include hot peppers and onions, bacon, scallions, peas, shredded cheese, crispy onions, broccoli, jalapenos, tomatoes, and artichokes - Vegetarian friendly	<b>Poblano's burrito bar</b> Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly	<b>Mediterranean Bar</b> Gyros, Falafel, Chicken Schwarma, naan bread, lettuce, onions, olives, cucumbers, tomatoes, tahini sauce, roasted garlic hummus, tzatziki sauce, and crumbled feta cheese - Side of tabouli salad --vegetarian friendly	<b>Wing Bar</b> Chicken wings or <i>Gardein</i> vegan wings; choice of sauce; comes with carrots, celery, ranch or blue cheese dressing, choice of side: French fries, pasta salad, Bacon and broccoli ranch salad	<b>Mac and Cheese Bar</b> Regular or Vegan mac and cheese, diced uncured pepperoni, sliced all beef hot dogs, or roasted chicken with assorted toppings to include hot peppers and onions, bacon, scallions, peas, shredded cheese, crispy onions, broccoli, jalapenos, tomatoes, and artichokes - Vegetarian friendly	<b>Poblano's burrito bar</b> Diced grilled chicken, crispy sriracha tofu, or chorizo with black or pinto beans your choice of cilantro-lime rice or brown rice, and assorted toppings made into your choice of walking taco, 2 tacos, burrito, nachos, or burrito bowl - vegan and GF friendly
	<b>Oven roasted citrus chicken</b>	<b>Brunch BLT - Over-medium egg, bacon, tomato, and baby arugula on an everything bagel</b>	<b>Mojo half chicken</b>	<b>Hand-breaded buttermilk marinated chicken tenderloins (2)</b>	<b>Mousakka</b>	Station closed	Station closed
	<b>Chickpea stuffed portabella mushrooms</b>	<b>Avocado toast</b>	<b><i>Gardein</i> Chicken with black beans and grilled onions</b>	<b>BBQ Tofu bites</b>	<b>Stuffed spaghetti squash with vegan bolognese sauce</b>	Station closed	Station closed
	<b>Mashed potatoes</b>	<b>Tater tots</b>	<b>Saffron rice</b>	<b>Macaroni and cheese</b>	<b>Seasoned cubed potatoes</b>		
	<b>Chipotle lime street corn</b>	<b>Broccolini</b>	<b>Roasted pepper and onion medley</b>	<b>Gr beans w/ carmelized onions</b>	<b>Rainbow swiss chard</b>		
	<b>Sauteed spinach</b>	<b>Balsamic drizzled squash</b>	<b>Grilled asparagus</b>	<b>Roasted broccoli</b>	<b>Broccoli and cauliflower</b>		
	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta	<b>Pizza bar</b> Chef's Daily pasta Marinara sauce Pasta
	<b>Hamburgers</b> Turkey burgers Fried catfish Handmade black bean burgers Fries Lettuce, tomato, sliced onion, pickles, cheddar cheese, tartar sauce, sliced lemon wedges -- Hamburger buns	<b>BBQ Ribs</b> Shredded spicy barbecue beef Roasted half chicken BBQ Tofu Fries Pickles, lettuce, tomato, crispy onions, cole slaw -- Potato buns	<b>Grilled chicken</b> Fried chicken patties Blackened chicken Veggie burgers Fries Lettuce, tomato, sliced onion, pickles, cheddar cheese, cole slaw -- Hamburger buns	<b>Grilled cheese</b> Gourmet grilled cheese Vegan grilled cheese Tomato bisque Fries Lettuce, tomato, pickles, croutons, crackers, goldfish	<b>Jumbo Ballpark hot dogs</b> Italian sausages Andouille sausage <i>Gardein</i> vegan meatballs Fries Relish, sport peppers, diced onions, brown mustard, horseradish -- Hot dog buns, hoagie rolls	<b>Hamburgers/turkey burgers</b> Fried chicken patties Scrambled eggs Biscuits/Sausage gravy Tater tots Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns	<b>Hamburgers/turkey burgers</b> Fried chicken patties Scrambled eggs Biscuits/Sausage gravy Tater tots Lettuce, tomato, sliced onion, pickles, cheddar cheese -- Hamburger buns
	Chicken, chickpea, artichoke Quinoa ginger salad Wedge salad	Egg salad Mediterranean grain salad Brussel Sprout Salad	Green goddess chicken salad Whole wheat pasta with edamame and beans Indian cucumber salad	Greek yogurt turkey salad Tri colored orzo salad Arugula and Butternut salad	Seafood salad Soba noodle salad Cobb salad	Grilled chicken Italian pasta salad Caesar salad	Grilled chicken Soba noodle salad Caesar salad

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